

Please write clearly in block capitals.

Centre Number

Candidate Number

Surname _____

Forename(s) _____

Candidate signature _____

A-level

PSYCHOLOGY

A-level topic mock · Based on AQA
Psychology

Paper 3 · Section C option ·

Eating Behaviour

2026

Time allowed: 1 hour

Materials

For this paper you must have:

- a black ink or black ball-point pen.

Instructions

- This paper is for **A-level only** — Eating Behaviour is a Paper 3 option topic, not assessed at AS.
- Use black ink or black ball-point pen. Fill in the boxes above.
- Answer **all** questions in the spaces provided. If you need extra space, use the lined pages at the end.
- Cross through any rough work you do not want marked.

Information

- The marks for questions are shown in brackets. This paper covers **Eating Behaviour** only (AQA spec 4.3.6).
- **Maximum mark: 48.** The paper includes an 8-mark essay (Q10) and a 16-mark essay (Q11).
- Answer in continuous prose. You will be assessed on use of good English, clear organisation and specialist vocabulary.

For Examiner's Use	
Question	Mark
01	
02	
03	
04	
05	
06	
07	
08	
09	
10	
11	
TOTAL	

Section C

Eating Behaviour

Answer all questions in this section.

0 1

Which one of the following best describes **taste aversion**? Write A, B, C or D in your answer book.

- A A fear of trying new or unfamiliar foods.
- B Learning to avoid a food after it has been followed by illness.
- C A preference for sweet, energy-rich foods.
- D Copying the food choices of other people.

[1 mark]

0 2

Which one of the following hormones is released by fat cells and signals **satiety** (fullness) to the brain? Write A, B, C or D in your answer book.

- A Ghrelin.
- B Leptin.
- C Insulin.
- D Serotonin.

[1 mark]

0 3

Which one of the following best describes **disinhibition** in explanations of obesity? Write A, B, C or D in your answer book.

- A An inherited tendency towards a high body weight.
- B The body's tendency to store fat during times of food scarcity.
- C The abandonment of dietary restraint, leading to overeating.
- D Reduced activity in the lateral hypothalamus.

[1 mark]

0 4

Outline the role of the **hypothalamus** in the control of eating behaviour.

[3 marks]

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0 7

Outline **biological explanations** for anorexia nervosa. Refer to **genetic and/or neural** explanations in your answer.

[4 marks]

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0 8

Outline a **biological explanation** for obesity. Refer to **genetic and/or neural** factors in your answer.

[3 marks]

0 9

Outline the role of **ghrelin and leptin** in the control of eating behaviour.

[3 marks]
